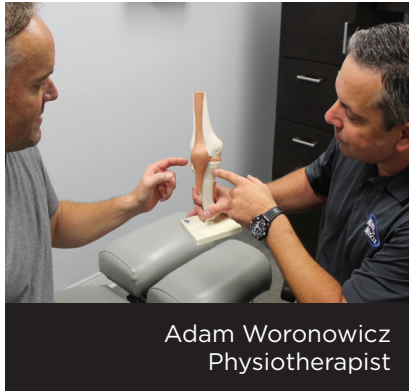


# OA & SPORTS MEDICINE

Educational and Neuromuscular Exercise Sessions



Adam Woronowicz  
Physiotherapist

## Stiff knees and hips? RELATED TO OSTEOARTHRITIS?

### Join our 8-week education & exercise program

Research shows participants report less pain, reduced use of pain killers, less sick leave and being more physically active. In addition to the program, patients learn strategies to reduce their pain and develop an active lifestyle.

**Also Included:** Manual Therapy, Anti-Inflammatory Education, Nutritional & Supplement Counselling, OA Bracing Education, Weight Loss Programs, Orthopaedic Viscosupplementation.



Zach Skubnik  
Registered Kinesiologist



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